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EDITORIAL

Your Inner Guide Is it functioning all right?

OSHO

How can one recognise that the inner guide has come into function? This will be the first sign: you will start feeling good, good about yourself. Everyone is condemning himself, everyone thinks he is bad. And when you think you are bad, how do you suppose someone else is going to love you? And when no one loves you, you feel frustrated. But you yourself have never touched your hand lovingly; you have never felt your body lovingly; you have never thanked God that he has given you such a beautiful body. No, you just feel disgusted. And, the so-called religions have taught you to feel condemned — this body is a bag of sins. You are carrying a burden.

When the unconscious is released, you will feel suddenly that you are accepted, you are not bad. Nothing is bad. The whole of life becomes deep down a blessing. You feel blessed.

And the moment you feel blessed, all others around you become blessed; you can bless them, you can feel happy. Because you feel condemned, you feel bad about yourself and you think the same about others. How can you love another's body if you condemn your own body?

Really, religions have prepared you to become just ghosts. They don't want you to be with the body, they want you to be just unembodied spirits. Everything has been so condemned and you have taken it for granted. I have seen in many scriptures, it is written that your body has nothing but blood, fat, phlegm — just

to condemn it. I don't know what these persons who were writing these scriptures wanted. Did they want gold to be there? Why is blood bad? Blood is life! But they have condemned it and we have accepted the condemnation. When the unconscious flows in you, a subtle wellbeing will come. You will feel good: everything is good, and everything is Divine.

And, when the unconscious starts flowing into your conscious, the second thing will be that you will become less world-oriented, less intellectual, more total. Then, if you are happy you will not just simply say that you are happy — you will dance. Just saying,

'I am happy', is pale, meaningless. I see people who say, 'I am happy' — but just look at their faces. When the unconscious flows in you, this will be the difference. You will live with your total being. When you feel happy, you will dance. You will not simply say, 'I am happy' — you will be happy: that's the difference. Then there will be no need to say to someone, 'I love you' — you will be love. Your whole being will show the feeling, you will vibrate with love. Anybody passing nearby will feel that you love; anyone just touched by your hand will feel a subtle energy has entered into him. There is a warmth in your presence, a happiness.

This will be the second thing. First, you will feel a goodness about yourself and everything; and second, you will become total. When the guide takes you, you will be total. Abridged from The Book of Secrets, Osho Times International, courtesy: Osho International Foundation, www.osho.com ■